Craig travel

ABRUZZO & PUGLIA



Sep 10 - 23, 2027 • 14 Days • 30 Meals

SMALL GROUP • LED BY MARC CIANFRINI

Book Early and Save $200 pp



POLIGNANO A MARE

TOUR HIGHLIGHTS

UNESCO WORLD HERITAGE SITES
Discover Frederick II's octagonal Castel del Monte, the dry-stone trulli of Alberobello and the Sassi of Matera, with their homes and churches carved into rock.

FOOD & WINE
Savour a wine tasting near L'Aquila, lunch on a trabocco above the Adriatic, enjoy burrata straight from the producer, shape orecchiette at a cooking class in Bari and learn about grape harvesting at a winery in Monopoli.

ARTISANS & TRADITIONS
Hear stories of transhumance in Santo Stefano di Sessanio, watch local women shape pasta on Bari's "Strada delle Orecchiette," try a ceramics workshop and explore Gallipoli's underground olive oil mills.

STORIES OF THE SOUTH
Learn how Campo Imperatore earned the name "Little Tibet," step into the old towns of Trani, Polignano a Mare, Ostuni, Otranto and Galatina, and honour Canada's fallen at the Moro River Canadian War Cemetery.

SMALL GROUP EXPERIENCE
Limited to 25 members

CT RATING: 3/5

MODERATELY CHALLENGING:
We designed this journey as an in-depth exploration of two contrasting regions, from the mountain villages of Abruzzo to the coast and countryside of Puglia. Guided tours lasting a few hours take travellers along cobblestones streets, slopes and steps through historic centres and hilltop villages. Some travel days include cumulative coach time of up to four hours, with scenic or cultural stops along the way to ensure a comfortable pace. Hotels are European in style, often with rooms, bathrooms and elevators smaller than in North America. Dinners in Italy are served later, and some shops close in the early afternoon. Travellers should be comfortable walking for a few hours at a time and managing steps unassisted.



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ITINERARY

SEP 10 | DEPART CANADA
We gather for our overnight flight to Rome.

SEP 11 | ARRIVE ROME / L'AQUILA
Arriving at Rome's Fiumicino Airport, we head east towards L'Aquila. Along the way, a wine tasting with local charcuterie, cheeses and regional specialties gives us our first taste of Abruzzo. This evening we gather for a welcome dinner at a local restaurant near our hotel. ***Hotel Castello L'Aquila - 3 nights*** (LD)

SEP 12 | L'AQUILA
A morning guided tour introduces us to L'Aquila, a city that, according to legend, was founded by communities from 99 castles joining together. The Fontana delle 99 Cannelle commemorates this story, with 99 spouts, one for each castle. Among our stops is the Basilica of Santa Maria di Collemaggio, known for its Romanesque façade and Holy Door. After a free afternoon, we dine at a local restaurant. (BD)

SEP 13 | SANTO STEFANO / CAMPO IMPERATORE
Today, we head into Gran Sasso and Monti della Laga National Park. Our first stop is Santo Stefano di Sessanio, once a prosperous village that built its wealth by supplying wool to Florence. Here, we enjoy a traditional snack featuring coffee, local bread, eggs, and tomatoes. Then, we learn about the important role of women in the region's pastoral traditions, listening to stories of transhumance before taking part in a hands-on introduction to local crafts. Afterwards, a shuttle bus carries us up to Rocca Calascio, at about 1,460 metres. Beyond lies Campo Imperatore, a vast, high-altitude plateau in the Apennines. Its expansive landscape has earned it the nickname "Little Tibet." (BD)

SEP 14 | L'AQUILA / COSTA DEI TRABOCCHI / VASTO
Descending towards the Adriatic, we stop in Ortona, where Canadian soldiers fought street by street in December 1943 in a battle known as "Little Stalingrad." At the Moro River Canadian War Cemetery, we pay our respects to those who rest here. Along the coast, we explore the Abbey of San Giovanni in Venere, one of the region's most powerful monasteries in the Middle Ages, overlooking the sea. Lunch is served on a trabocco, one of the wooden fishing platforms that give this stretch of the coastline its name. We end the day in Vasto.
Hotel Excelsior - 1 night (BLD)

SEP 15 | VASTO / TRANI / BARI
Continuing our journey into Puglia, we tour the 13th-century Castel del Monte, built for Emperor Frederick II. Standing on a hill in the Murgia region, its distinctive octagonal design and remarkable features helped earn it UNESCO World Heritage status in 1996. Next, a local producer welcomes us for a tasting lunch featuring fresh burrata before we head to Trani to admire the cathedral's pink stone rising at the edge of the sea. Our day ends in Bari, our home for the next four nights.
Hotel Boston - 4 nights (BLD)

SEP 16 | BARI
As the dynamic capital of Puglia, Bari perfectly balances a bustling modern waterfront with a labyrinthine historic centre that preserves centuries of authentic Southern Italian culture. A guided tour leads us through Bari Vecchia, the historic old town, to the lane known as the "Strada delle Orecchiette," where local women sit at tables outside their doorways shaping pasta by hand. At a cooking class, we try the technique ourselves before sitting down to lunch. The afternoon is ours to explore, and this evening, we dine at a local restaurant. (BLD)

SEP 17 | BARI / POLIGNANO A MARE
In the countryside near Monopoli, we savour a curated wine tasting alongside lunch at a local winery. Following our meal, we head to the coast to Polignano a Mare, a picturesque whitewashed town set high on cliffs above the Adriatic. Below the town, the cove of Lama Monachile cuts into the rocky coastline. Back in Bari, the evening is ours to enjoy at leisure. (BL)

SEP 18 | ALBEROBELLO / OSTUNI
In Alberobello, a UNESCO World Heritage Site, a local guide introduces us to the trulli, limestone houses built without mortar using a traditional dry-stone technique that is still practised in the region. Lunch follows at a local masseria, one of Puglia's historic manor farms. In the afternoon we tour Ostuni, the "White City," rising above the surrounding olive groves. On our walk, we explore its whitewashed lanes, which climb towards the old town. (BL)

SEP 19 | BARI / MATERA / LECCE
We travel inland to Matera, a UNESCO World Heritage Site since 1993. We explore the Sassi, the old districts of homes and churches carved into rock. At Casa Grotta, a cave house partly carved into the rock and furnished as it was in the 1950s, we learn what daily life was like for families living in Matera's caves. After lunch, we continue south to Lecce for dinner.
Mercure Hotel President Lecce - 4 nights (BLD)

SEP 20 | GALLIPOLI
Gallipoli's old town is set on a limestone island linked to the mainland by a bridge. Beneath the old town's streets are historic olive oil mills carved into the rock. On our visit to an underground mill, we see where olives from the surrounding countryside were once pressed. Afterwards, we take part in a hands-on ceramics workshop. We gather for dinner at a local restaurant in the evening. (BLD)

SEP 21 | LECCE
A guided tour introduces us to Lecce, known as the city of the Baroque, where churches and palaces are carved from pale local stone. We then travel to Otranto, whose cathedral is home to a remarkable 12th-century floor mosaic created under the direction of the priest Pantaleone between 1163 and 1165. Continuing to Galatina, we step inside the Basilica of Santa Caterina d'Alessandria, where the walls are covered in 15th-century frescoes. Enjoy lunch along our route, and the evening is ours to explore. (BL)

SEP 22 | LECCE
A day at leisure lets us enjoy Lecce at our own pace before we gather for a farewell dinner at a local restaurant. (BD)

SEP 23 | LECCE / ROME / CANADA
As our memorable journey through Abruzzo and Puglia comes to an end, we transfer to Brindisi Airport for our flights home to Canada via Rome. (B)

B: BREAKFAST (12) L: LUNCH (9) D: DINNER (9)

DID YOU KNOW?

Trani's magnificent Cathedral of San Nicola Pellegrino stands almost at the water's edge, creating one of Puglia's most striking coastal views. Built from pale local limestone, the cathedral seems to glow in the sunlight, while its soaring bell tower rises above the Adriatic shoreline.



CRAIG TRAVEL INCLUSIONS

- International flights, domestic Canadian flights, and airport transfers with air-inclusive packages
- Domestic flights within the destination
- Carefully selected accommodation as listed, or similar
- All sightseeing and entrance fees as described
- Meals as indicated in the itinerary
- Dedicated journey leader, national guides, and local specialists where applicable
- All gratuities, surcharges, fees, and taxes
- International eSIM to keep you connected
- Visa support for Canadian citizens as required
- Free insurance quote (contact us for details)

TOUR & AIR COST

Land Only	$9,375
Toronto	$10,725
Ottawa / Montreal	$10,915
Winnipeg / Halifax	$10,995
Calgary / Edmonton / Vancouver	$11,045
St. John's	$11,115
Saskatoon / Regina	$11,115
Victoria	$11,115
Single Supplement	***$1,595***

Deposit is $900 per person
Final payment is due June 3, 2027



YOUR JOURNEY LEADERS

Marc is a retired teacher who spent over 40 years inspiring secondary and post-secondary students and leading innovative, hands-on learning programs. He's also been deeply involved in his community as a volunteer and coach, and has led many group tours worldwide. Kerstin retired after a successful career in the airline industry, where she worked in roles ranging from flight attendant to operational analyst. Like Marc, she's fluent in a second language, passionate about travel, and active in her community—especially through natural gardening. They look forward to welcoming fellow travellers on another unforgettable Craig Travel adventure!



Visit craigtravel.com/89 to learn more!

Prices are in Canadian dollars per person. Land-only price includes one domestic flight within the destination. Land-only members join the group at the hotel in L'Aquila and leave the group at Rome airport. Airfares from other gateways are available on request. Tour price is based on sharing a twin-bedded room. Prices are based on a minimum of 20 members and on rates, taxes and fees effective November 2026 and are subject to change due to factors beyond our control. Group to be escorted with a minimum of 20 members. For full terms and conditions, visit our website: craigtravel.com/terms-conditions. Canadian passport holders may require an ETIAS travel authorisation prior to departure. Comprehensive travel insurance is strongly recommended.

Contact us or visit our website to learn more and reserve your place.

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